

# THE HARVEST

MACDONALD COLLEGE

SEPTEMBER 1987

STE ANNE DE BELLEVUE  
QUEBEC

## Letter from the Dean

Dear Student,

It gives me great pleasure to welcome those of you who are coming to Macdonald College for the first time and to welcome back all returning students. This is a very exciting time in the history of Macdonald College, perhaps one of the most exciting since the founding of the College, and I would like to take a few moments to tell you of the basis for my making such a statement.

Perhaps, first and foremost is the extensive program of academic renewal which the Faculty of Agriculture and School of Dietetics and Human Nutrition have been experiencing since 1985. In the intervening two-and-a-half year period, over thirty new professors have joined us. This change represents over thirty percent of our teaching staff and, in my view, this input of fresh young minds and energies to our programs is one of the most exciting that has happened for many years at Macdonald College. You, the students both at the undergraduate and post-graduate levels, will reap the benefits from this major academic renewal.

To complement the academic renewal, we have been undergoing a program of physical redevelopment to provide additional academic space for our teaching, research and library activities. We are well along with construction in the Centennial Centre to provide new classrooms and offices. We hope to start work to provide new research and library space in the Macdonald-Stewart and Barton buildings early in 1988.

The new cattle teaching and research facility was opened in February, 1987 and will ensure that we are able to maintain a position of leadership in teaching and research in animal science through into the twenty-first century.

This fall, we will be opening the new bio-pesticide research centre which serves the Departments of Plant Science and Entomology with their respective programs in the

development of bio-herbicides and bio-insecticides. Again, this facility will put our teaching and research programs in bio-pesticides in a position of world leadership.

In the School of Dietetics and Human Nutrition, the newly-renovated F.N. Southam Laboratory will be ready for classes in September and will be better able to meet the needs of the increased enrolment in our Dietetics program.

With respect to all of these major physical developments which are taking place on our Campus, I think it is important for us all to realize that the majority of funding has come from private individuals who believe in, and support, our programs. For this we are truly thankful.

I would now like to touch on an area which is viewed by some as being perhaps a little less serious than the academic matters with which I have dealt above. However, in my view, it is equally important if you, the student, are to gain all that there is to gain from a university education. I am referring to participation in extra-curricular activities and I take this opportunity to urge you all to participate as much as possible in the many extra-curricular activities offered for, and developed by, students at Macdonald College. Two areas in particular in which I urge your participation to the fullest that time permits are firstly, the various aspects of student government, which provide an

opportunity for you to express your opinion and influence developments at Macdonald and secondly, the excellent athletic programs which are put on by Mr. Bill Ellyett and his staff.

In closing, I would again like to say, "Welcome to Macdonald College", to both new and returning students. I hope that I have an opportunity to meet many of you during the upcoming academic year and if I can be of assistance, please do not hesitate to come and see me in my office which is Room 2-032 in the Macdonald Stewart building

Sincerely,

Roger B. Buckland

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# Editorial

Welcome to the **Harvest**, this is your student newspaper and apart from the name, it is all brand new....new staff, new format, new ideas, new whatever you wish. If you would please glance down the page you will notice the Staff Box and will also notice all the positions which are open to any interested student. As the managing editor, I am just that, managing for the first issue; the more help I can get, the better and more consistent the paper can be. The other positions may sound imposing but they are all interesting and important parts of the **Harvest**, and they really don't take up that much time. The editorial positions entail putting together a specific section of the newspaper in pretty much any format you wish, encouraging writers and contacting the right clubs and associations for you field.

If you are not into commitment, as so few are today, we always need contributors. The sky's the limit. Anything you wish to put down on paper is of interest to the **Harvest**, whether you write regularly or just jot whenever you pens desires, we want to hear from you! You shutter bugs and frustrated artists are encouraged to do your bit too.

The newspaper's office is located in the basement of Harrison House and is equipped with the 'fabulous filing feature', full of pertinent information whether you require a subject or already have one in mind. Come down to the office, we are open around lunch hours every day and often all the other hours too.

Student newspapers are as good as the students make them, and though we may be small in numbers, Macdonald college is a leader in the field of Agriculture and Human Nutrition. If we can come out with an interesting and dynamic newspaper, this would be another great accomplishment not just for the college, but especially for the students.

So pick up your pens and write, anything; or even better join the staff and you will find that the newspaper is one of the few extra-curricular activities that can be great fun and where you can express yourself without having to vote for motions and take minutes to do so. And hey, who are we kidding, it looks great on your C.V. too!"

If you have any questions leave a message with Mrs. Brown at Student Services in Harrison House or phone me at home at 631- 1025 in the evenings.

Lisa Jane Callow

## Staff Box

Editor  
Rdeatrise française  
Campus editor  
Nutrition editor  
Agriculture editor  
Engineering  
Biology & Ren. ress. editor  
Diploma  
Entertainment  
Sports editor  
Photography editor  
Visuals  
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Brigitte Bédard  
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Suzana Vidanovic  
open  
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Roger B. Buckland  
Jack Griffen  
Peter Kuitenbrouwer  
Arco Masini  
Oz

The **Harvest** is published monthly and is partially funded by the Macdonald College Student Society. Content is independent of both the Student Society and the Administration of Macdonald College. The **Harvest** welcomes signed letters and any freelance contributions but reserves the right to reject or edit any submission. Views expressed are those of individual writers and not necessarily those of the **Harvest**.

Typesetting by Fiona Stewart and printing by Payette & Simms.

The **Harvest** is located in the basement of Harrison House turn right at the pool table.

## Tips for writing newspaper and magazine articles

by Peter Kuitenbrouwer  
Quebec Bureau Chief  
Canadian University Press

Remember that you are writing for students. Students spend a lot of their time reading textbooks full of long words, complicated, subtle arguments and long dreary sentences, paragraphs and chapters. When they pick up the school paper, they want something different.

They want something easy to read, easy to understand and refreshing. They don't want to find out what the writer is grinding so much as what is going on: timely, fresh information.

Therefore, avoid meaningless political terms such as freedom, democracy, dictatorship, regime, left, right, communist, socialist or imperialist unless absolutely necessary. If you want to convince someone of your point of view, constant-

ly use examples. Don't write "the pollution in the St. Lawrence is shocking and disgusting", write "two million tons of untreated sewage are dumped into the St. Lawrence every day".

Write in short, active sentences, using a minimum of adjectives. Write "John punched Jim" rather than "Jim was punched by John".

Remember that you are writing for a very wide audience of different interests. Always explain and identify everything you discuss in your article. Always give peoples' full names and full titles; always spell out acronyms.

Write in short paragraphs. Remember that the first sentence is the most important in the story. If it is not interesting, people will not read your article, no matter how good or packed with facts it is. Newspaper articles do not need smooth transitions from one paragraph to the next, as do essays.

Leave out "the reason for this was that", "because of the fact that" etc.

Leave your own name out of the story, and leave out references to yourself unless you cannot avoid it.

Don't start your piece off by giving your opinions such as "South Africa is a repressive regime". Anyone who disagrees will immediately stop reading. Give facts, include convincing information and the principle arguments of the opposition, and make your pitch at the end.

If you have interesting quotes from people or sources, include them. They lend your story colour and life. Often others will say it better than you can.

Always rewrite bureaucratic lingo. "A committee has discussed the ramifications of his project and decided in a vote to suspend funding" thus becomes "the committee voted to cut off funds".

BE BRIEF! STICK TO THE POINT!

## Analyse d'un chagrin d'été

by Arco Masini

L'être humain est capable de souffrir de chagrin. Ce que j'écris en ce moment peut être compris seulement par une personne vivant la même sensation.

Le siège de l'amour est le cerveau et non le coeur. La conviction populaire que ce soit le coeur est due a une décharge hormonale qui stimule le battement cardiaque et provoque un malaise. Je pense et j'y repense. Le mal physique ou un état de malaise survient toujours à la défense de l'individu. Le malaise provoqué par le froid, par le

feu, par une mauvaise digestion, par une perte de sang, c'est des indices qui mettent en garde l'organisme. Le malaise physique est donc après tout un bien. Et le malaise psychique. Je veux dire, si j'aime une personne et je sais qu'elle m'a trompé, qu'elle a joui dans les bras d'un autre, imaginez que j'imagine la scène, h'homme jouit d'elle et elle est comblée de bonheur physique et émotif. Voilà la décharge qui déchire mes entrailles, qui me rend inerte, sans défense, un malaise absolu. Un malaise, oui, c'en

est en doute un. Mais pourquoi me met-il en garde? Si je ne retire pas la main du feu elle va brûler. Si je perds trop de sang, je m'évanouis pour atteindre une position horizontale de façon à compenser la perte de pression artérielle qui causerait d'évidentes conséquences catastrophiques à l'irrigation sanguine du cerveau.

Alors, malaise d'homme trompé, dis moi, que dois-je faire? Contre quoi me mets tu en garde? Est-ce la folie? Toi qui souffres, c'est pour ton bien.



Overcrowding a problem in M-S building classrooms?



# Food for Thought

Dear Mac students,  
Welcome to the new Harvest! This year, many changes have been envisioned for the newspaper, one of which is to include a very important section: "The Nutrition Corner". It seems only fitting that a university such as ours should feature such a section in its school paper, after all, food is a big part of Mac!

'The Nutrition Corner' will appear as a regular section in each edition of the Harvest. As the Nutrition section's editor, I have a format in mind but am open to new ideas and willing to discuss any contribution by eager writers of Mac.

The content of this section could include the following: a regular question and answer on nutrition and related areas,

feature articles on any relevant subject, a regular quiz section on nutrition which will test the reader's knowledge of foods and their nutritional content, and of course recipes.

If the idea of a nutrition section in our paper appeals to you, please feel free to contact me at 457-6262, Laird Hall room 518. I sincerely hope that most of the people in the School of Dietetics and Human Nutrition are interested and will contribute at least one article this year. If you want to write but need a topic, a guide, any editorial help, please contact me and I will do my best to help you.

I hope to hear from you soon,

Your nutrition editor,  
Suzana Vidanovic

## Pasta

### RECIPE CONTEST

The Canadian Pasta Manufacturers Association is having a contest. The best pasta-based recipe will be chosen and the grand prize winner will receive \$1000 for his (her) effort. Students in School of Dietetics and Nutrition are eligible to enter. Contestants should enter their recipes before October 23, 1987. Enclose a picture of your creation as well as the completed entry form (available in the dietetics office: ask Francine) and send to Patricia Sakal, Compétition de recettes, Association des fabricants de pâtes alimentaires, a/s Pilobulus Inc., 1420 ouest, rue Sherbrooke, bureau 300, Montréal, Qué. H3G 1K5.

Needless to say, your recipe should be an original one. Don't be shy to enter, after all you never know, you may win! Last year one of our students at Macdonald received first prize. So go ahead, put on your thinking caps, enter and make Mac proud

# Nutrition Corner



## CROSS

## WORDS

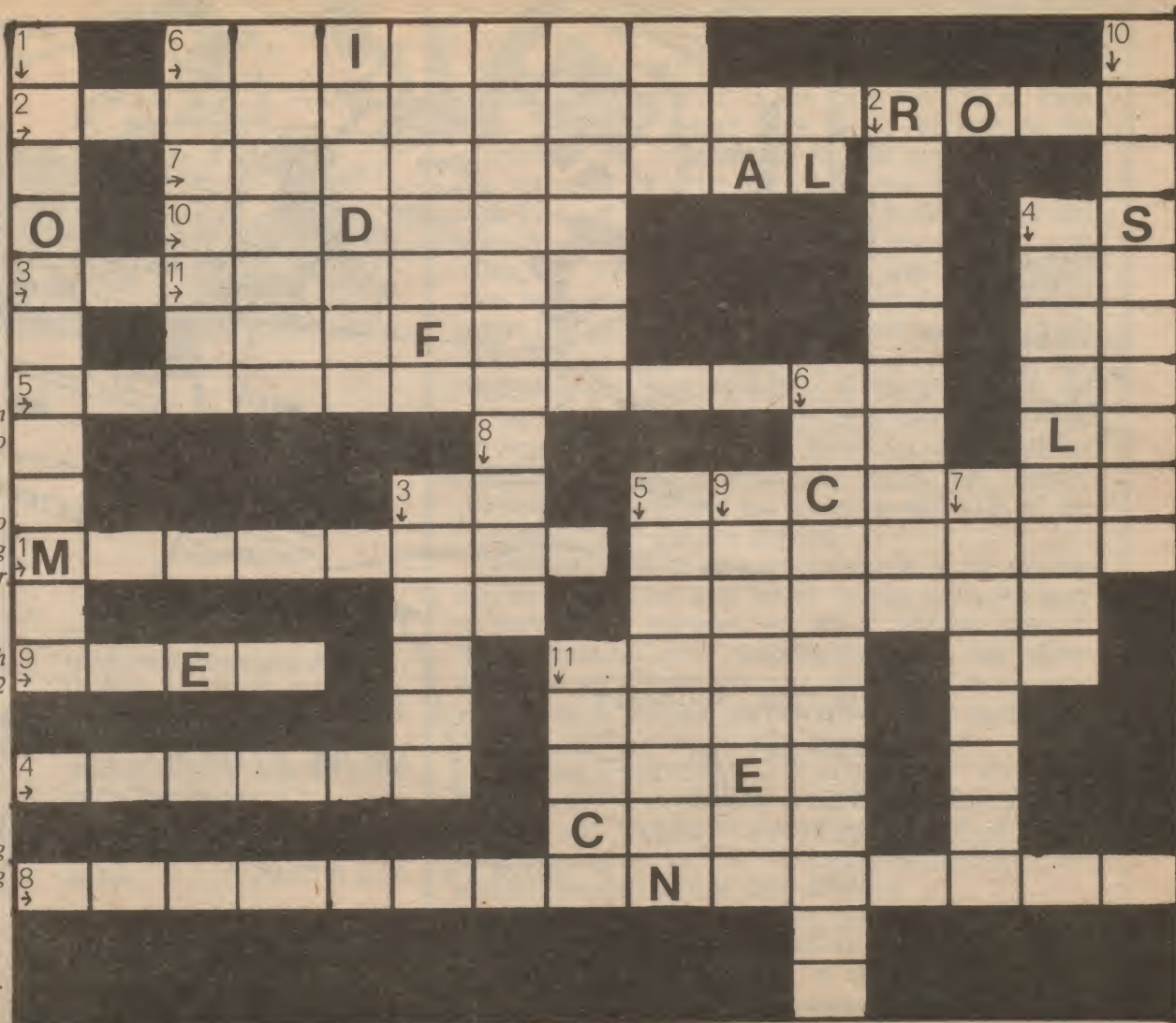
vitamins &  
minerals

### DOWN

(1) Deficiency of this vitamin may result in night blindness. (2) FAD. (3) Essential component of coenzyme A. (4) B12 (5) A. (6) Enhances absorption of iron, unstable to heat. (7) Mineral which prevents osteoporosis if adequate amounts are taken through-out lifecycle. (8) Orange juice helps absorb this element. (10) Important mineral involved in maintaining healthy bone density. (11) Constituent of insulin, important in nucleic acid metabolism.

### ACROSS

(1) One form of vitamin K. (2) Precursor of cholecalciferol. (3) Characteristic of nicotinic acid deficiency. (4) Nicotinic acid. (5) Found in abundance in wheat germ oil. (6) B1. (7) B6 (8) Pharmaceutical source of vitamin is obtained from yeast, wheat germ and liver concentrates. (9) Four abbrev. of the fat soluble vitamins. (10) Excessive intake may be related to hypertension. (11) Cystine, cysteine and methionine are source of this micronutrient.



"On this diet you can eat anything you want... as long as you eat it with these."

NATIONAL ENQUIRER

# Recipes for Students

## FLAT ZUCCHINI OMELET

Here is a quick and easy recipe for the busy student on a tight budget.

### INGREDIENTS

2 tbsp (30 mL) butter  
1/2 zucchini, julienned  
1 small chile pepper, seeded and chopped  
6 beaten eggs, well seasoned  
dash of paprika  
salt and pepper to taste

### DIRECTIONS

Heat 1 tbsp (15 mL) of butter in a nonstick frying pan. When hot, add zucchini and season. Add paprika and chile pepper and cook 3 minutes.

Remove frying pan from heat and transfer mixture to bowl containing beaten eggs.

Add remaining butter to pan. When hot, pour in egg mixture. Cook 2 minutes over medium heat. Do not stir!

Flip omelet over with spatula; continue to cook 2 minutes.

Serve.

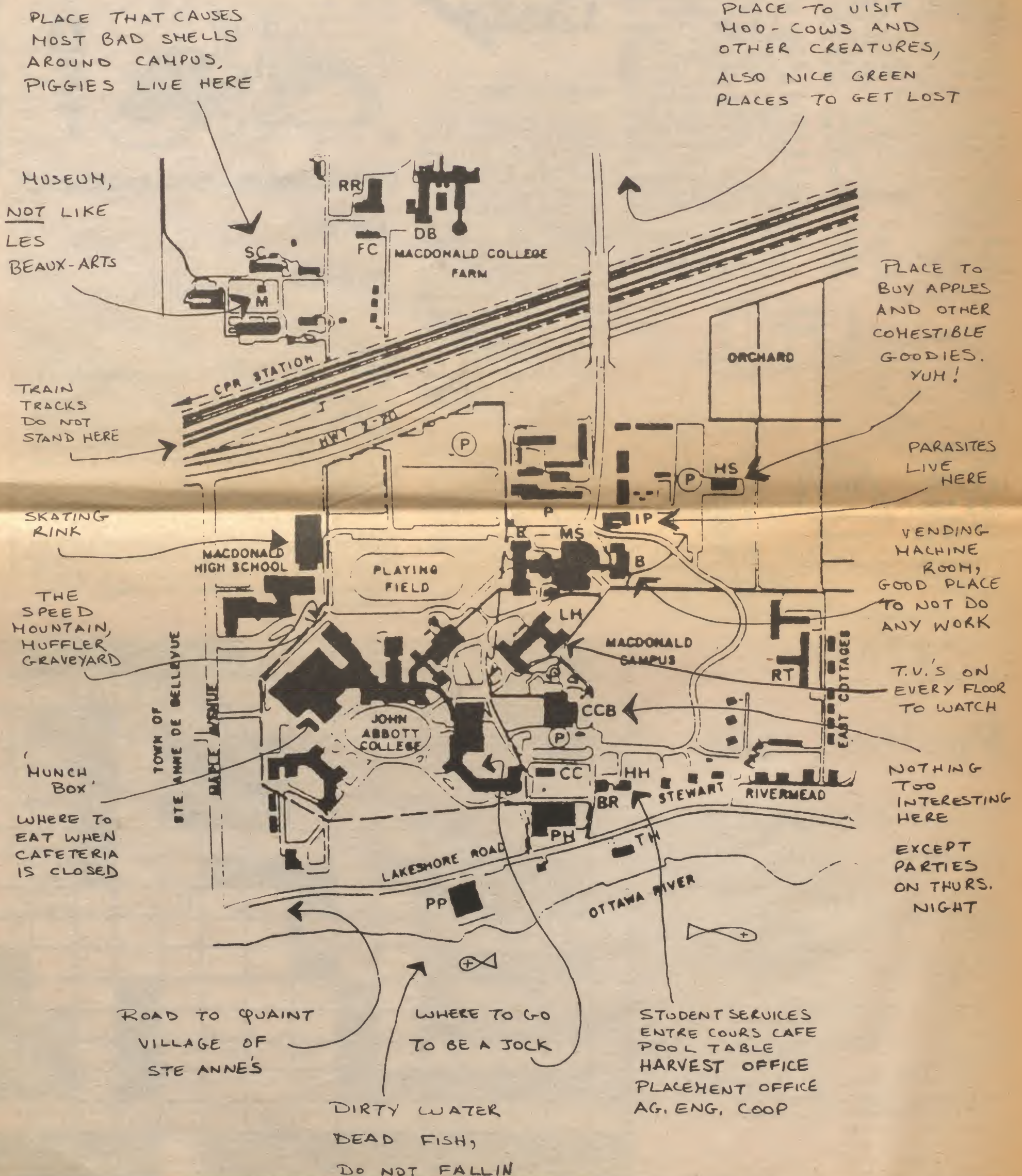
YIELD: 2 servings.

ONE SERVING: 384 Kcal; 5 g carbohydrate; 19 g protein; 32 g fat; 0.6 g fiber.

SOURCE: Chef Pol Martin. 1986. Easy Cooking for Today. Brimar Publishing



# What every student should know (but is afraid to ask)





# Entertainment

## Film buff



### AT THE SUMMER MOVIES with Jack Griffen

**Beverly Hills cop 2 -**  
Eddie Murphy is back as Axel Foley causing trouble in the hills again. This time Axel is trying to help rosewood and Taggart track down the bad guy who shot their boss, the Captain. Ther's plenty of the action and comedy that made the first cop flick such a big hit.

Unfortunately, upon closer examination, Cop 2 turns out to be a replicate of Cop 1, the same Foley B.S.'ing his way out of one jam after another. The same chase scenes, the same sound track, even the same high fashion type bad guys. Too bad the producers followed the formula so closely, Cop 2 might have been a bigger success than it's predecessor, instead it's just a pale reflection of the first monster hit. Don't get me wrong, it was still a good film, at least good enough for a 7 out of 10.

**Witches of Eastwick -**  
Take three sexy ladies, add one sleepy suburban Hamlet, stir in one totally demented devil, mex well with sexual metaphores and a few suggestive remarks and you've got one of the funniest movies of the Summer.

Jack Nicholson plays the devil in this adaption of John Updike's novel. Cher, Michelle Pfier, and Susan Sarandon play the witches. The plot is simple, tree bored women want a little spice in their lives, and they get it with interest. They also soon discover under Nicholson's tutelage that they have the power to do some wild and crazy things. I don't want to give anymore of this gem away, other than to say the ladies and the devil turn in stellar performances. Run don't walk to this one, but watch out for cherry pits. 9 out of 10.

It seems that one of the SASDites (sounds obscene) who is an avid sailor brought his boat into the Ste Anne's lock. After the gates were closed, he threw his anchor out of the boat, over the side onto the bottom of the lock. The question is whether the water in the lock stayed the same, rose or dropped. Can you figure it out? Answer p. 6.

**Spaceballs -**  
Silly, silly, silly, but still funny. Every major sci-fi in the past 15 years was Mel Brooks target this time as he lampooned the force out of Star Wars, Star Trek, Alien and even The Planet of the Apes. No one in the galaxy was safe from the space balls and the evil lord dark Helmut (Rick Moranis). take note that this movie is a spoof of huge proportions. Take John Candy for example, he plays Barf, a mawg (half man, half dawg) and he's his own best friend. Warning this movie may offend anyone who is serious about comedy. Mel Books does what he does best and that get's him an 8 out of 10. May the swartcz be with you.



## Bon mot

Serenity on the River Avon

### what I should have done in the summer of '87

by Red

That's easy! What everyone should have done is not work! Because we all have to eat, and many of us do not have independent means, taking the whole summer off is not too practical. However to restore sanity before classes start, you really should have tried to squeeze in a couple of weeks of travel and relaxation sometime during your hopefully sweet but all too short summer.

I spent my two weeks off in Ontario. Yes, that's right, incredible Ontario that beautiful province that's yours to discover, (who decides which cars get which slogans on their plates has always puzzled me.)

Though Ontario might not be what the T.V. ads and bus posters insinuate, which is all concentrated in the big T/O anyway; it does have its charms. Talk about damning by faint praise! It all depends what you have in mind to occupy your time I suppose. Ontario is tranquility at its best, not too many things to do at once; in fact there is usually only one thing to do at one given place at any given time.

The province does have its share of universities and for the student traveller, this is good news, cheap news. Most residences will rent you a room with a big greasy breakfast included for less than \$20 a night. What a deal! But it was doing the tour of these various rooms of student abode that I realized how the students living in Laird Hall have it good. In Ontario the residence buildings are like little fortresses, at any time of day or night you have to battle your way through a maze of locked doors just to get to your floor. If the buildings themselves aren't segregated, than men and women are separated as far from each other as possible. The windows don't open, the front doors lock up at 8:00 pm and any means of sabotage are rendered pretty much impossible by the presence of one or two sneaky supervisors skulking around the halls at all hours of the night. At Kingston, the residence building of Queen's University faces the women's penitentiary, sometimes you wonder on what side of the high cement wall you are staying.

Another point to note about Ontario is the way the natives drive. Your best bet is to stay cool. Any move on your part to overtake, cut off or tailgate one of these vehicules will undoubtedly cause the other driver to get nervous and slow down even more. Take your bicycle instead, you can drive like a maniac and not dent anything except your head.

Evening entertainment, if existent at all, will usually consist of drinking a lot of beer in a pseudo-British pub. Dancing is discouraged in most parts and what boogying can be found is usually minimalistic and accompanied with lots of beer drinking.

Of course, I know that next year you will keep your bursary instead of spending it on food, so that you can go to Portugal for a month. This special travel package to Ontario is just in case.



## Places

### Le Musée Régional de Vaudreuil-Soulanges

A Vaudreuil, dans l'ancienne école où étudia le Chanoine Lionel Groulx, historien. Collection d'objets ethnographiques - témoins des us et coutumes de nos ancêtres.

Expositions - Diverses activités culturelles, Programme d'animation.

Ouvert à l'année du mardi au dimanche de 11 à 17h. (sur réservation hors des heures d'ouverture).

431, boul. Roche  
Vaudreuil (Québec) J7V 2N3  
Tél.: 455-2092

### Eglise Saint-Michel

Construite pendant les années 1783 à 1787. Classée monument historique en 1957. Oeuvres de Liébert, Quévillon, Achim et F.X. Meloche. Orgue Mitchell installé en 1871, restauré en 1958. Une des belles églises du Québec.

Ouvert à l'année, sur réservation

414, boul. Roche  
Vaudreuil (Québec) J7V 5V5  
Tél.: 455-4282

## VISIT VAUDREUIL



# Communiqués

## Jobs

### SUMMER PLACEMENT OFFICE

The placement office is open all year round from 8:30 to 12:00 and 1:00 to 4:30 providing placement service in permanent, summer and part-time as well as career orientation for graduating student work.

Challenge 1987, which is a summer job creation program from Employment Immigration Canada, provided grants for approximately 110 projects this year, mostly at Macdonald campus, and was again a success.

For graduating students of December 1987 and Spring 1988, briefing sessions will be

held in September and October on labour market information, résumé writing and interviewing techniques. Sign up as soon as possible at the Student Placement Office, Harrison House on the 3rd floor.

We have experienced a substantial increase in permanent and summer job openings this past summer and year and the trend is continuing.

Looking forward to assist you in your job search and career orientation.

Sincerely,

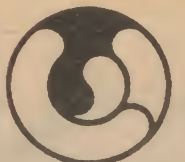
Francoise Gillan  
Counselor, Director  
Canada Employment Centre  
Harrison House 3rd floor

## International



Canadian Crossroads International, a charitable organization promoting international development and education, is seeking 180 Canadian volunteers for four months and in some cases up to one year long development projects in 1988. You could be placed in one of thirty-four Third World countries. Applicants require cultural sensitivity adaptability and commitment to promoting international awareness. The minimum age is 19 years with no maximum age. A specialized skill is not essential. You will receive extensive training. A living allowance, airfare and accommodation are provided. Each participant must raise part of the program costs. The deadline for applications is October the 1st.

For more information contact Crossroads Local Committee coordinator, Ms. Elizabeth Eid, who is selecting volunteers now at 276-4686.



Centre  
Interculture  
Monchanin

For 25 years now the Monchain Crosscultural Centre has acted as an intercultural meeting place allowing people to learn about different cultures. In this new activity, the intercultural encounter, the emphasis is on personal experience.

Members of the Vietnamese community will host an afternoon get-together in the traditional manner. A social activity for the entire family!

Admission is free.

Date: Sunday, September 20th

Place: 4917 St-Urbain St  
Time: 1:00 p.m.

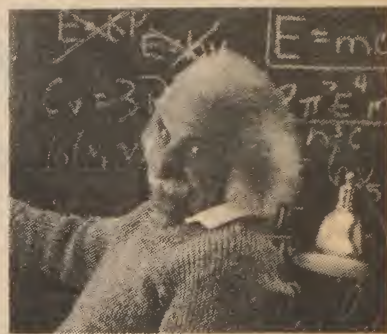
## Foolin' with Fizzics

by Oz

..... When our SASDite friend threw his anchor over the side to the bottom of the lock, the water level dropped.

When the anchor is on the boat it is floating, and a floating body displaces its own weight of fluid. When the same body sinks to the bottom it displaces its own volume of fluid. Since an anchor, by necessity, is heavier than water, putting the anchor over the side to the bottom causes less fluid displacement and the level in the closed system (lock) drops.

As it turns out, our SASDite friend had an echo sounder in the boat. When he dropped the anchor to the bottom, did the sounder show a decrease, the same, or an increase in depth? Don't you wish this guy would go sailing and get out of the lock? Answer next issue.



Another SASDite friend has just received a cup of very hot coffee along with some cold cream. He won't be able to drink it for some time and wants it to be as warm as possible when he does. Should he add the cream to the coffee now or when he starts to drink it? Just identifying all the fizzics going on in this one is an achievement, and a rigorous solution requires a large number of assumptions. Do you accept the common concept that if you add the cream now, the temperature difference, coffee-environment, will be minimal and thus the cooling rate the least?

## Employment Opportunities 1988

Having hired approximately 1,000 university graduates last year, the federal Public Service is continuing to search for talented people to join its ranks in 1988.

Employment opportunities are available for students graduating in computer science, economics, finance and mathematics. Career opportunities in purchasing also exist for graduates in engineering and business administration. If you are interested, please forward your application to the nearest office of the Public Service Commission of Canada by **October 30, 1987**.

If you have selected a career as a Financial Officer, please submit your application by **October 30, 1987** and present yourself at the Financial Administration Test of Technical Knowledge being held on **Thursday, November 12, 1987 at 7:00 p.m.** Candidates who have already passed this test or hold their RIA/CMA, CA or CGA are exempt from this exam.

Once again this year, the Office of the Auditor General is looking for graduates in accounting for their Audit Training Program. If you are interested in this program, your application should be sent to the nearest office of the Public Service Commission of Canada by **September 30, 1987**.

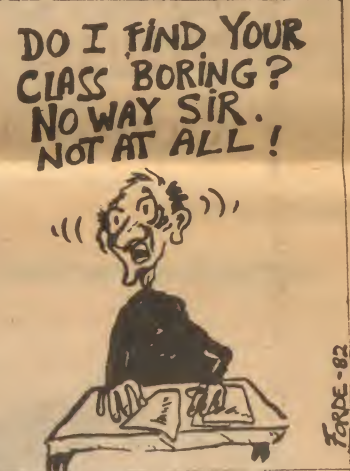
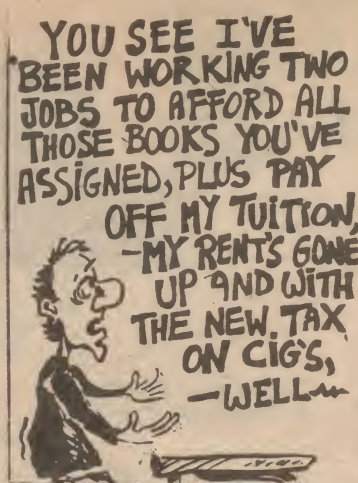
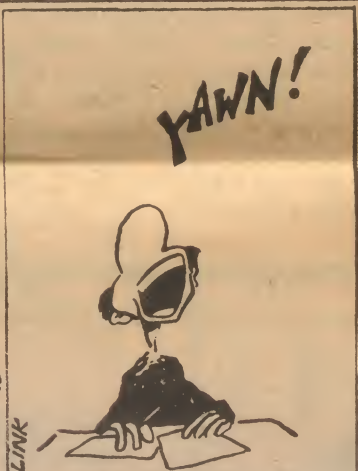
Persons wishing to join Canada's Foreign Service must present themselves at the exam being held on **Saturday, October 17, 1987 at 9:00 a.m.** An application need not be submitted in advance.

Employment opportunities are also available in other disciplines. To be considered for these jobs, you must forward your application to us for inclusion in our national inventory of applications.

For more information, please contact your campus placement office or the nearest office of the Public Service Commission of Canada.

The Public Service Commission is an equal opportunity employer.

Canada



What would  
you like to be  
when you grow up?

ALIVE!

unicef canada





# Staff Box

Editor	Lisa Jane Callow
Rdeatrise française	Brigitte Bédard
Campus editor	open
Nutrition editor	Suzana Vidanovic
Agriculture editor	open
Engineering	open
Biology & Ren. ress. editor	open
Diploma	open
Entertainment	Red
Sports editor	Bill Ellyett
Photography editor	open
Visuals	open
Contributors:	Roger B. Buckland
	Jack Griffen
	Peter Kuitenbrouwer
	Arco Masini
	Oz

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